

THIS WOMAN'S EXPERIENCE

Brings a Ray of Hope to Childless Women

Lowell, Mass.—"I had anemia from the time I was sixteen years old and was very irregular. If I did any house-cleaning or washing I would faint and have to be put to bed, my husband thinking every minute was my last. After reading your text-book for women I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and have never felt better than I have the last two years. I can work, eat, sleep, and feel as strong as can be. Doctors told me I could never have children—I was too weak—but after taking Vegetable Compound it strengthened me so I gave birth to an eight pound boy. I was well all the time, did all my work up to the last day, and had a natural birth. Everybody who knew me was surprised, and when they ask me what made me strong I tell them with great pleasure, 'I took Lydia E. Pinkham's Vegetable Compound and never felt better in my life.' Use this testimonial at any time."—Mrs. ELIZABETH SMART, 142 W. Sixth St., Lowell, Mass. This experience of Mrs. Smart is surely a strong recommendation for Lydia E. Pinkham's Vegetable Compound. It is only one of a great many similar cases.

Ready for More.
Father—Is he thrifty?
Daughter—Thrifty, daddie! Why, Jack's saved over \$2,000 out of that \$100,000 his grandfather left him the year before last.

Yes

it's toasted, of course. To seal in the flavor—



TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1695. Three sizes, all druggists.

Look for the name Gold Medal on every box and accept no imitation

PARKER'S HAIR BALM
Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair. 60c and \$1.00 at Druggists. Illinois Chem. Works, Patchogue, N. Y.

HINDERCORNS Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 10c. by mail or at Druggists. Hinder Corns Chemical Works, Patchogue, N. Y.

Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

The Kitchen Cabinet

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Failure is, in a sense, the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterward carefully avoid.

SEASONABLE FOODS.

The Chinese cabbage or celery cabbage is a tender white vegetable which lends itself nicely to salad combinations.



Luncheon Salad.—Shred in matchlike strips some tender celery cabbage. Add to these tart, ripe, good-flavored apples, also cut in strips, and enough fresh red, sweet pepper to add a note of color as well as flavor, with one-fourth cupful of black walnut meats. Mix lightly with mayonnaise dressing and serve with cheese sandwiches.

Custard Nut Pie.—Prepare a custard pie as usual, using a pint of milk with three eggs, sugar and salt to taste, with nutmeg to season, then add just over the top as it goes into the oven a cupful of black walnut meats cut in coarse bits. The meats will brown and make a delicious crust over the top.

Neapolitan Macaroni.—Mix two cupfuls of cooked macaroni or spaghetti with one cupful of medium thick white sauce in which one-half cupful of grated cheese has been melted. Spread this in the bottom of a deep, glass pie plate well buttered. Lay over the top uniform-sized, ripe tomatoes cut in halves, pressing them slightly into the macaroni. Sprinkle with salt, pepper, dried buttered crumbs and cheese. Bake in a hot oven until the tomatoes are soft but not broken and the top a rich golden brown.

Vegetarian Mince Meat.—Take eight medium-sized apples, one-half cupful each of almonds and walnut meats, one-fourth cupful of fried figs, one-eighth cupful of citron, one-half cupful of currants, one teaspoonful of salt, two cupfuls of brown sugar, the juice of two lemons, one teaspoonful of cinnamon, one-fourth teaspoonful each of mace and cloves and one cupful of sweet cider or fruit juice. Chop the apples and nuts, put the dried fruit through the meat grinder, mix all the ingredients and cook one hour or until the apples are soft. This recipe makes enough for three pies. Seal and keep for some time in glass jars.

Not to the swift the race; not to the strong the fight;
Not to the righteous perfect grace; not to the wise the light;
But often faltering feet come surest to the goal;
And they who walk in darkness meet the sunrise of the soul.
A thousand times by night the Syrian hosts have died;
A thousand times the vanquished right hath risen glorified.
—Henry Van Dyke.

A WORD TO THE COOK.

There is vastly more responsibility resting upon the person who is wife, mother and cook, than the salaried cook however well equipped and efficient she may be and able to shoulder responsibility.

We are told by those who study household efficiency that we should have a well-defined plan for the meals of the day, for a week ahead, if possible. But we have all had many experiences where well-laid plans "gang aft aglee," so it is well with good plans to be able to stretch them to meet any emergency.

It is important that the family be fed on well-balanced meals; this may not be done at every meal but if the day's meals balance the results are as good. The food should be so provided that there is never an overabundance of any one food principle, like starchy foods, meats or sweets. Meals should be prepared in regard to the people served. Children and old people need easily digested food, often served more frequently than to those in the prime of life. An office worker cannot digest food that is needed, relished and well digested by a man working in the open. An invalid needs food of especial preparation and attractiveness.

Do you strive to save your strength as well as time and material in the preparation of food? For example, if making a white sauce for cream toast, save out a cupful or make a little extra for the next day's dish of macaroni or scalloped potatoes. Prepare enough pastry for three pies and put the mixture in the ice chest. It is better if well chilled.

Nellie Maxwell

PARTED BY WAR

Civil Strife Caused Separation of Noted Churchmen.

Missionary Centennial Recalls Affection Between Bishop McIlvaine and Bishop Polk, on Opposing Sides.

A striking memory of Civil war history is awakened in connection with the centenary of the Episcopal Missionary society, falling this year, which centers about two devout bishops of the church. Bishop McIlvaine of Ohio and Bishop Leonidas Polk of Tennessee, life-long friends, whose consciences made them 'enemies' when the war divided the country.

Bishop McIlvaine was the elder of the two and was chaplain at West Point when young Polk, scion of the family which gave a President to the United States, arrived at the academy bent on a military career. At the end of four years Polk was graduated into the army; but so marked was the influence that McIlvaine had exerted that, a few years later, the chaplain having in the meantime been elevated to the episcopacy, Polk resigned from the army and took clerical orders.

With the passage of the years it fell out that McIlvaine and Polk became identified as leaders in the movement within the church which resulted in the dispatch of missionary bishops into the unsettled areas of the country, and brought about those triumphs which are being acclaimed now in the missionary centennial. Polk was made the first missionary bishop of Arkansas and later first bishop of Louisiana.

Then came the war between the states, which arrayed father against son and brother against brother; and these two devout men of the church did not escape the perplexities of the situation. Bishop McIlvaine answered the call of Lincoln and went to England with Archbishop Hughes, Henry Ward Beecher and Thurlow Weed to exert their influence against British recognition of the Confederacy. Bishop Polk answered the call of Jefferson Davis and became a general in the Confederate army.

Thus actively aligned on opposite sides in the conflict, the stage was set for one of the most dramatic episodes of the war. Back in the West Point days the two men had entered into a solemn compact that when they separated, wherever they might be, they would pray, each for the other by name, every Sunday morning. And now, the one fighting in the field for the South, and the other engaged in a delicate diplomatic mission for the North, enemies as to the political principle which was involved, their solemn compact was sacredly carried out until the end came with the death of Bishop Polk at the battle of Pine Mountain.

The kind of soldier Bishop Polk was is related in the general orders issued by Gen. J. E. Johnston, commanding the army of Tennessee on manding the army of Tennessee.

"Comrades: You are called to mourn your first captain, your oldest companion-in-arms. Lieut. Gen. Polk fell today at the outpost of this army—the army he raised and commanded, in all of whose trials he shared, to all of whose victories he contributed. In this distinguished leader we have lost the most courteous of gentlemen, the most gallant of soldiers."

There is a striking picture, too, of this warrior-bishop contained in a letter he wrote to his wife less than a month before he fell.

"You will be interested," he wrote, "in hearing that the first night of my arrival with the army I baptized Lieut. Gen. Hood. It was on the eve of an expected battle. The scene was a touching one—he, with one leg, leaning on his crutches, a veteran in the midst of his and my officers and I the officiating minister. His heart was fully in it."

Star Facts.

When you look up at a star in the heavens you may think you see the star as it is at present. This is not true, and Israel M. Lewis, writing in St. Nicholas, says that a little star known as 61 Cygni, in the constellation Cygnus, the first star to have its distance from the solar system determined, is about eight light years removed from us. In other words, its light takes about eight years to travel the distance that separates it from the solar system, and as a result we see it, not as it is tonight, but as it was at the time when the light now entering our eyes first started on its journey, eight years ago.

Nothing Wrong to Him.

Mother was terribly upset by Tommy's appearance, particularly his unwashed face.

"Tommy, Tommy!" she exclaimed in great distress. "Your face needs washing terribly! Did you look at it in the mirror this morning?"

"No, mother," said Tommy, with every indication of surprised concern, "but it seemed all right when I felt it."—Exchange.

Growing Children

are often troubled with Feverishness, Constipation, Headache, Stomach troubles, Teething disorders and Worms. At such times thousands of Mothers use

MOTHER GRAY'S SWEET POWDERS for CHILDREN

and find they give certain relief. They tend to break up colds. Cleanse the stomach, act on the liver and bowels and give healthful sleep. Easy to give and pleasant to take. Used by Mothers for over 30 years.

Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.



SAPOLIO

Finds countless uses in the kitchen. It cleans cutlery, kettles, tins, porcelain, china, earthenware, linoleum, oil-cloth, refrigerators, tile, marble, shelves and floors. See that the name SAPOLIO is on every package.

ENOCH MORGAN'S SONS CO. Sole Manufacturers New York U. S. A.

MAKES POTS AND PANS LOOK LIKE NEW

"BREAD" OF STARVING RUSSIA

Called "Lebeda," the Stuff is Made of Leaves and Grass, Boiled and Dried.

A peasant in the government of Samara (soviet Russia) told me of how they make lebeda bread. Here is the story:

"In our village they take some linden leaves and grass, chop them up to the size of a flea, and then boil the mixture. After the water has boiled, they squeeze it out and put the stuff again into boiling water. Then they let the water run off through a sieve, and keep the mass until it is dry. After that they grind it fine and add one-third flour.

"The bread you get is green in color and indigestible. And when there is no flour, they just bake the ground mixture as it is. It does not taste very badly; but after a man eats it for a while he swells up and gets worms in his stomach, and soon after that he dies."—Moscow Pravda.

Struggle to earn a fortune is enough to make a man homely, as the struggle to become learned is.

Strategy.

"Now, you fellows, help yourselves to the cigars," cried Smith genially, after dinner. "They are some my wife gave me for a birthday present."

Gently, but firmly, man after man vowed that he had sworn off smoking, and the dinner party ended in a ghastly fizzle.

"Whatever did you tell such a fib about those cigars for?" asked Mrs. Smith, in angry surprise when the guests had departed. "You know very well that I gave you gloves for a birthday present."

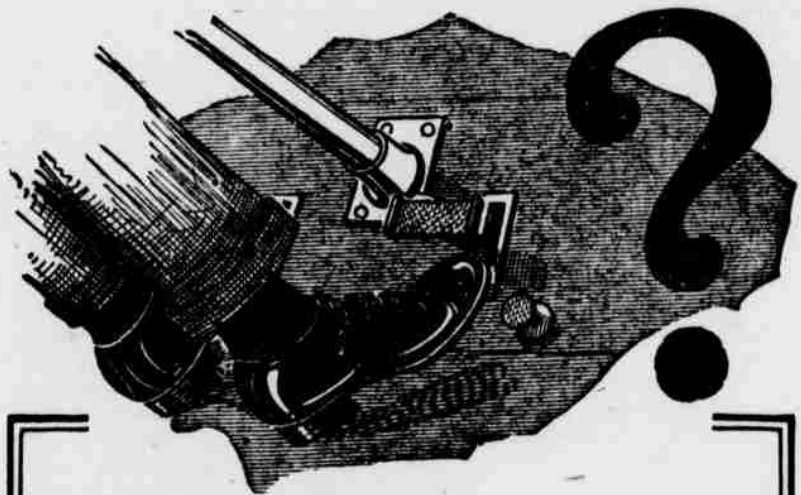
"Oh, that's all right, Mary," replied Smith, blandly. "That box of cigars cost me \$11 and I can't afford to give any of them away."—Edinburgh Scotsman.

Possibly.

Creditor (determined)—I shall call at your house every week until you pay this account, sir.

Debtor (in the blandest tones)—Then, sir, there seems every probability of our acquaintanceship ripening into friendship!

Never swear at an ill-fitting coat. Give it to the tailor.



Are you stepping on the brake or the accelerator?

The food you eat does make a difference.

Heavy, starchy foods often do slow down body and mind—often steal the energy that belongs to the day's work. Grape-Nuts is a go-ahead food. It contains the perfected nourishment of Nature's best grains. It includes all those elements needed to nourish body and brain. It is easy to digest. It gives energy without taking energy.

How about your breakfast or lunch—does it give, or take?

Grape-Nuts is sweet, crisp, delightful to the taste, and is an ideal source of power for a busy and difficult day.

"There's a Reason" for GRAPE-NUTS